

LONDON metro®

\$30 MILLION

estimated



Friday's Jackpot



Treatment breakthrough

Researchers at LHSC are developing a new therapy for early-stage prostate cancer that promises fewer debilitating side effects

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A new reign of terror?

A man accused of plotting a VIA Rail attack says he answers to a higher authority than the Criminal Code, while a new law has critics worried about civil liberties

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Knights beat news

Get the scores, dirt and latest updates on the Knights-Whalers dogfight for the Ontario Hockey League Western Conference title

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CRAZY BEAUTIFUL

SLEEP IN YOUR EYELINER, GET OUT OF BED, ROLL IN GLITTER: METRO DIGS DEEP INTO POP STAR KESHA'S MAKEUP BAG FOR HER BEAUTY SECRETS

PAGE 11



London high school students Kristen Turner, 18, left, and Ally Balfe, 18, are members of Youth Create Healthy Communities, an advocacy group overseen by the Middlesex-London Health Unit. They want the London Transit Commission to create a discounted monthly bus pass for high school students. MARK SPOWART/FOR METRO

Cut us a break: High school students to LTC

Transit. Student advocates call for a 20 per cent bus-pass discount for teens in secondary school

MARK SPOWART
london@metronews.ca

Two local high school students want to know why the London Transit Commission doesn't offer a discounted monthly bus pass for teens.

The commission does offer teens a discount on individual tickets, but that's not enough, say Kristen Turner and Ally Balfe.

"A monthly pass would allow us to travel not only to school, but to attend sports, have a part-time job and meet with our friends," said Turner, 18, a student at H.B. Beal Secondary School.

Turner and Balfe made their appeal to the transit commission board on Wednesday, presenting data from a survey that shows 90 per cent of students think an adult pass isn't "affordable."

Of the 1,052 students sur-

Proposed fare

\$65.67

High school students Kristen Turner and Ally Balfe suggest a cost of \$65.67 for a discounted monthly student bus pass.

veyed, 65 per cent said they would buy a monthly pass at a discounted price.

Forty-seven per cent of people listed public transit as their primary means of transportation. Another 37 per cent said walking was their main mode of getting around the city.

"Those students who walk represent 390 riders who would probably use the bus during the winter months," said Balfe, 18, a student at Clarke Road Secondary School.

The LTC board recommended the information be considered when fares are reviewed for 2014. The teens will make their pitch to city councillors next month.

Ultimately, it will be city politicians who decide the

issue, said Coun. Joni Baechler, who sits on the LTC board.

Giving students a break would mean less money flowing into the transit commission. In turn, the city would probably have to find extra cash for the transit budget, she said.

People in a variety of groups already get a discounted bus pass. Western University and Fanshawe College students, for example, pay about \$190 a year — a fee everyone has to pay because it's figured into tuition — for a pass. That's about a 70 per cent discount each year since a regular bus pass costs \$81 a month.

The secondary school students are proposing a 20 per cent discount for their age group.

"We are all for subsidizing, as long as it doesn't come from us or impact our bottom line," LTC board chair Eric Southern said.

Online

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Prostate cancer study could lead to less pain

First-of-its-kind discovery. LHSC tries out new, less-invasive treatment



JOHN MATISZ
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London Health Sciences Centre is leading a study that could lead to less pain for prostate cancer patients.

The study, which involves

30 patients and is facilitated by the Lawson Health Research Institute, has found the new treatment is significantly less invasive than standard practices, lead physician Dr. Joseph Chin said.

It's being billed as a first-of-its-kind discovery.

"The whole idea is that it cuts down on the degree of damage on the surrounding tissue," Chin said, adding, "Hopefully we're able to eliminate the cancer."

While traditional radia-

tion therapy and surgery offer "good" control of the disease, long-term complications have always lingered. The new treatment is proving to reduce post-surgical issues, including erectile dysfunction and urinary-tract problems, Chin said.

Doctors will regularly track the progress of each patient over the next year, checking for side effects.

Patients are being asked to follow up annually for the next five years so doctors can

assess their long-term health.

During the new treatment, an ultrasound instrument is used to access the urethra, Chin said, something that hasn't been done in the past.

Brian Danter, 62, a prostate cancer survivor from Windsor, says the procedure is painless.

"To me, it was a green light," said Danter, the second patient to undergo the new treatment. "I'm glad I did it. What impressed me the most was the recovery time."

Early detection

- A new method for treating prostate cancer that's being tested at London Health Sciences Centre can only be applied to those with early signs of the disease.
- Once the cancer reaches an advanced stage, the new treatment doesn't work, Dr. Joseph Chin said.



Dancers 'teasing the limits' of gravity on London stage

Members of the Canadian Contemporary Dance Theatre rehearse their show *Teasing Gravity* on Wednesday at the Palace Theatre (710 Dundas St.). Billed as an adventure in movement featuring Canadian choreographers, remaining shows are at 10:15 a.m. and 12:45 p.m. Thursday. Tickets are \$6 at the door. For more pictures, visit metronews.ca. MARK SPOWART/FOR METRO

Assault with a weapon. Teen charged in stabbing

An 18-year-old Londoner is facing charges after police say he stabbed a man in the back Tuesday.

Jordan Leblanc is charged with assault with a weapon and breach of recognizance.

Police say he was having a fight with the victim about 5 p.m. near Bradley and Earnest avenues when the stabbing happened. Police said the victims knew one another.

The victim's injuries were minor. The suspect received a small cut to one of his hands.

METRO



Fundraiser

It's a little thing they call Glowga

Yoga with glow sticks and a live DJ?

You betcha. The new spin on a typically low-key soul cleansing is coming to the Yoga Shack (140 Ann St.) at 8:30 p.m. Friday.

Called Glowga, the class is a fundraiser for an instructor who's headed overseas to work with Habitat for Humanity.

Admission is by donation. Visit yogashack.ca for more. METRO

Michael Smith. Celebrity chef coming to London

Chef Michael Smith will be in town this weekend for a pair of charity events.

In support of Bethanys Hope Foundation, the Canadian Food Network star is hosting a meet-and-greet from 7 to 9 p.m. Friday. It will be held at GCW Custom Kitchens (3557 White Oaks Rd.). Tickets are \$100 each.

Also, a gala is planned to raise more proceeds for Bethanys Hope. The event takes place Saturday at the London Convention Centre. Cocktails are at 5 p.m. Dinner starts at 6 p.m. Tickets are \$200 each.

About the foundation

Londoners Lindey and Dave McIntyre started Bethanys Hope after their daughter was diagnosed in 1995 with metachromatic leukodystrophy, an inherited disorder affecting the brain. The organization raises money for research.

For details, contact Lindey McIntyre at 519-858-4673 or visit BethanysHope.org. METRO

Noted. Trigger an election and regret it: Wynne

Premier Kathleen Wynne is urging her political rivals not to trigger an "unnecessary" \$92-million provincial election by defeating next week's budget.

But if the minority Liberals are toppled, the rookie leader predicted Wednesday that the Progressive Conservatives and New Democrats might regret a snap vote.

"I'm confident we'll grab

a majority not a minority," Wynne said with a grin.

With the Liberals bending over backward to accommodate NDP Leader Andrea Horwath's wish list of demands for Finance Minister Charles Sousa's May 2 budget, Wynne said she is hopeful an election can be averted.

"I have had conversations with Andrea Horwath and there are areas where our priorities absolutely overlap," the premier said, referring to the \$260 million infusion to improve home care services, cuts to auto insurance rates, closing corporate tax loopholes and boosting youth employment.

"The reality is that (Horwath) and (PC leader) Tim Hudak will have to decide if they can support our budget."

Hudak said his party cannot prop up a Liberal government saddled with a \$9.8 billion deficit in 2012-13 and wants an election immediately. **TORSTAR NEWS SERVICE**



Kathleen Wynne
METRO

Promoted. TVDSB appoints superintendents

Two Thames Valley school board principals have been promoted.

Wilton Grove Public School's Michelle Deman and H.B. Beal Secondary School's Don Macpherson will become education superintendents effective Aug. 1.

Deman began her teaching career in 1991 at Prince Charles Public School and later taught at F.D. Roosevelt Public School. She's been a principal since 2006.

Macpherson started his teaching career as an elementary school teacher in Winnipeg before joining the staff of Laurier Second-

Leaving

- The Thames Valley District School Board principals who have been promoted replace education superintendents Scott Hughes and Mary Ellen Smith.

- Hughes and Smith are retiring.

ary School in 1984. His first job as principal was at the Ingersoll District Collegiate Institute.

METRO

Stolen drugs

Pharmacy robbery suspect nabbed

Police say they've caught the man believed to be responsible for an April 11 robbery at the London Medical Pharmacy on Adelaide Street North.

Jeremy Jordan Weintraub of London was arrested Tuesday after officers executed two search warrants. Drugs stolen during the robbery were

not recovered, police said.

Weintraub is charged with robbery, wearing a mask or disguise while committing an indictable offence, carrying a concealed weapon and using an imitation firearm while committing an indictable offence.

METRO

On the web

For more local news go to metronews.ca



Those Guys greeting cards founder Matt Thomas shows off a sampling of his edgy product on Wednesday at his London home. **JOHN MATISZ/METRO**

Local man launches edgy greeting cards

Niche market. Londoner hoping down-to-earth, crabby approach will have an appeal



JOHN MATISZ
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Imagine this: You're a 20- to 40-something-year-old guy at the mall looking to pick up birthday card for a buddy.

You scour the options.

Flowery, out. Sentimental, no way man.

Really, you've only got two

choices: Buy a card with generic graphics and a not-so-clever saying, or get something with a cute dog on the front and hope it comes off tongue-in-cheek.

"Everybody's got to buy a birthday card at some point," said Matt Thomas, a native Londoner who works at General Dynamics. "And, if you've got a group of buddies (to buy for), you never have a good option."

Thomas is out to end that dilemma.

The 34-year-old has started a greeting card company he hopes will inject a touch of edginess and wit into what he con-

More on Those Guys

- Visit Thoseguyscards.com, check @Thoseguyscards on Twitter or visit [Facebook.com/ThoseGuysGreetingCards](https://www.facebook.com/ThoseGuysGreetingCards).
- To see samples of the cards, visit metronews.ca.

message you're trying to send.

Inside, there's a message, regularly laced with profanity, that ends with the ageless "Happy Birthday" greeting.

The company banks on being crabby, down to earth, and personable. Its catch phrase — "The classy way of saying ..." — is included in each message.

Thomas, who started the company in the last couple of months, says he's targeting tattoo shops and party-supply stores as potential retailers.

The brand's likely to be quickly dismissed from places that sell traditional birthday cards, he says.

siders a "pretty lame" market.

Aptly named Those Guys, Thomas' cards feature pictures of his friends striking poses and acting out various situations appropriate for whatever

Kurt Browning ready to get 'hug' from London

The Stars on Ice tour can be a gruelling journey for performers, figure skater Kurt Browning said.

But for him and other cast members, Sunday's 4 p.m. show at Budweiser Gardens will feel like a homecoming.

Several of the performers — including local natives Tessa Virtue and Scott Moir along with Patrick Chan — were at the venue last month to compete in the World Figure Skating Championships. Browning was here as a commentator.

London's always a welcome stop on the tour, Browning said. This year, he

Get your tickets

- You can visit budweisergardens.com or starsonice.ca for tickets and event information, including cast bios.

suspects, will be no different.

"London comes at the end of a big push through Kingston, Toronto and Hamilton, and the day before London, we film a TV show, which means a lot of pressure and sometimes skating more than once," he said. "By the



Skater Kurt Browning CONTRIBUTED

have a sort of down feeling, a sense of calm, and the city, the same city that made the World Figure Skating Championships such a success, can give that relaxed feeling in the knees for performers."

While Browning's performance at Budweiser Gardens will mark his 846th over a 23-year span with Stars on Ice, another star is making his debut this year.

Chan, the world's number one male figure skater, is new to the tour, and people can expect to see something a bit out of the routine, Browning said.

DAVE DE VRIES/FOR METRO

time we get to London it has been a long hard week and you always get a sort of 'hug' feeling from the city in the afternoon.

"Sometimes matinees



Chiheb Esseghaier, one of two men accused of plotting a terror attack on a VIA Rail target, is led off a plane at Buttonville Airport just outside Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Criminal Code 'not a holy book,' says VIA Rail accused

Alleged al-Qaida operation. Code is not perfect 'because only the creator is perfect,' says the man in the dock

A man charged in an alleged al-Qaida-directed plot to attack a VIA Rail passenger train suggested in court Wednesday that he doesn't recognize the authority of the Criminal Code because it is "not a holy book."

Chiheb Esseghaier, 30, of Montreal, asked to address the Toronto courtroom after the five terrorism charges against him were read out.

They are based on the Criminal Code and "We know that this Criminal Code is not a holy book," Esseghaier said.

"It's just written by set of creations and the creations they're not perfect because only the creator is perfect."

As a result, he said, the "conclusions taken out from these judgments" are unreliable.

The justice of the peace presiding over the case, who had warned him to be careful what he said, ordered Esseghaier detained until his next appearance May 23 via video from a detention centre.

That's the same day his co-accused, Raed Jaser, 35, a Toronto resident, is set to appear again in court, also via video.

The pair face several terrorism charges — each of them in what the Mounties are calling the first known alleged plot in Canada directed by al-Qaida.

THE CANADIAN PRESS

New powers

Vote stirs fears over liberties

MPs have voted to give Canadian officials "exceptional" powers to probe potential terrorist acts — powers that critics say trample on civil liberties.

Anti-terror legislation passed Wednesday will enable preventive arrests, meaning Canadians can be held for up to three days without charge.

And it opens the door to investigative hearings where people can be compelled to testify under threat of detention.

STORSTAR NEWS SERVICE

Pimping trial. Why did police take three weeks to make an arrest?



GRAHAM LANKTREE
Metro in Ottawa

A disturbing fact has become apparent in the Ottawa trial of three accused teen pimps.

After the first alleged victim complained to police it took cops almost three weeks to make an arrest.

Meanwhile, the girls are alleged to have pimped out two other teens and sexually assaulted three more.

As the first alleged victim in the case took the stand this week, the 18-year-old revealed how the first john she met the night of May 18, 2012 — when she was

17 — made her dress up in a pink bikini with gold leggings before he had sex with her without a condom against her will.

Last week, the girl's mother testified how the next day — May 19 — police took a statement from her about what happened after she heard the story from her daughter.

The following week on May 25, police recorded a video interview with the alleged victim.

Yet a second girl was allegedly victimized by all three accused May 30, 2012.

That girl, the Crown alleges, was robbed and brought to three different johns before she made it home and her mom called 911.

Ultimately, two of the accused teenage pimps were arrested on June 8 and 9, 2012.

The three, who cannot be identified by law, are charged with human trafficking, forcible confinement, assault, robbery and uttering threats.

Research destroyed

Animal rights break-in costly

A break-in by animal rights activists who freed about 100 laboratory animals has cost years of research and hundreds of thousands of dollars in damage, the head of pharmacology at Milan's state university in Italy said.

Prof. Francesco Scaglione said most of the research is seeking treatments for brain diseases like Parkinson's, Alzheimer's and dementia.

THE ASSOCIATED PRESS

Mass-mail campaign

Tories hit Justin at our expense

The Tories are launching a mass-mail campaign against Justin Trudeau — at taxpayers' expense.

Tory MPs are urged to use their mailing privileges to blanket their ridings with flyers. Costs come out of each MP's office budget — supplied by taxpayers.

THE CANADIAN PRESS

'Wayne Mustardson' feels a seal hunt chill

A satirical campaign against the Canadian seal hunt by the International Fund for Animal Welfare got a chilly reception from Inuit demonstrators on Parliament Hill Wednesday.

A staged appearance by "Wayne Mustardson, Minister of Obsolete Industries," to announce fictional tax credits for items like sealskin curtains and seal blubber house paint, ended up being heckled by a small crowd that included aboriginal seal hunt advocate Aaju Peter.

Peter accused the animal rights activists of "destroying livelihoods of East Coast sealers, destroying livelihoods of Inuit families."

"Do you even you what you're talking about?" Peter asked.

IFAW spokesperson Michelle Cliffe said the demonstrators' hostility was misplaced because their campaign is not aimed at the aboriginal seal hunt.

"We don't know of any animal welfare group that's opposed to Inuit subsistence hunting, so the discussion is an unfortunate one, but



Aaju Peter, left, confronts an International Fund for Animal Welfare member portraying "Wayne Mustardson, Minister of Obsolete Industries" on Parliament Hill. STEVE COLLINS FOR METRO IN OTTAWA

there's that misunderstanding," she said.

Morley Hanson, an instructor with Nunavut Sivuniksavut, an Inuit college program in Ottawa, accompanied his students to the demonstration.

As far as he was concerned, IFAW's attempts at humour fell flat.

"Buffoonery like this, political theatre like this guy just put on just shows great disrespect to a large portion of Canadian society," he said.

"I think that's deplorable," he added.

STEVE COLLINS/FOR METRO IN OTTAWA

New furor?

A ruling Thursday from a European court is expected to reignite an international debate over Canada's annual east coast seal hunt — which has begun off Newfoundland.

- **Plea.** A group led by the Canadian Fur Institute has asked the Luxembourg-based court to strike down an European Union ban on seal products.

Quoted

"Ain't no problems like ho problems. I got ho problems"

Tweet by one of the accused teens that was detailed in court

Woman must remove niqab, judge says

Sexual assault trial. Ontario judge concerned woman's covered face would hinder her credibility

An Ontario judge has ruled that a woman must remove her face-covering veil to

testify against the men she is accusing of sexual assault.

The judge says the woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact."

The 37-year-old woman, known only as N.S., alleges two men sexually assaulted

her over five years, starting when she was six years old.

The question of whether she should be allowed to testify while wearing her niqab went to the Supreme Court, which issued a split decision but set out a test for judges to decide in individual cases.

The case is now back in provincial court, and Judge Norris Weisman ruled the

woman must remove her veil to testify.

Weisman noted that he had to balance her religious freedom with the accused men's right to a fair trial, but in the end he was concerned that her face covering would hinder assessment of her credibility, possibly resulting in wrongful convictions.

THE CANADIAN PRESS



An Ontario judge says a woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact." GETTY IMAGES FILE

'House of horrors'

Despite reprieve, death penalty still looms for abortion doctor

An abortion provider charged with killing babies after they were born alive won a reprieve when a judge threw out three murder counts, but the death penalty still looms if he is convicted in four other newborn deaths.

Dr. Kermit Gosnell has been in prison since a 2011 grand jury report that described his outdated West Philadelphia clinic as "a house of horrors."



Dr. Kermit Gosnell
THE ASSOCIATED PRESS

Judge Jeffrey Minehart had ruled Tuesday that prosecutors over the past month failed to make a case on three of the seven first-degree murder counts.

THE ASSOCIATED PRESS

Rehtaeh Parsons. PM, justice minister pushing tough cyberbullying laws

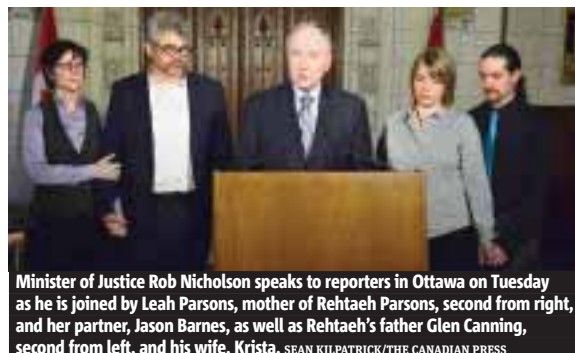
A crime is a crime, regardless of whether it happens on the Internet, Prime Minister Stephen Harper said Wednesday as his government promised to expedite efforts to create a new law against cyberbullying.

Harper's comments followed his meeting Tuesday with the parents of Rehtaeh Parsons, the Nova Scotia teenager who took her own life earlier this month. Parsons' parents want federal laws beefed up so more can be done to combat cybercrime.

Justice Minister Rob Nicholson, meanwhile, pushed his provincial and territorial counterparts Wednesday to speed up efforts to create a law that would curb cyberbullying. Those ministers gave him the go-ahead, Nicholson said.

"Today, when I met with my counterparts, I recommended that we expedite the review of our laws by June and I was pleased to receive unanimous support," Nicholson said in an emailed statement.

THE CANADIAN PRESS

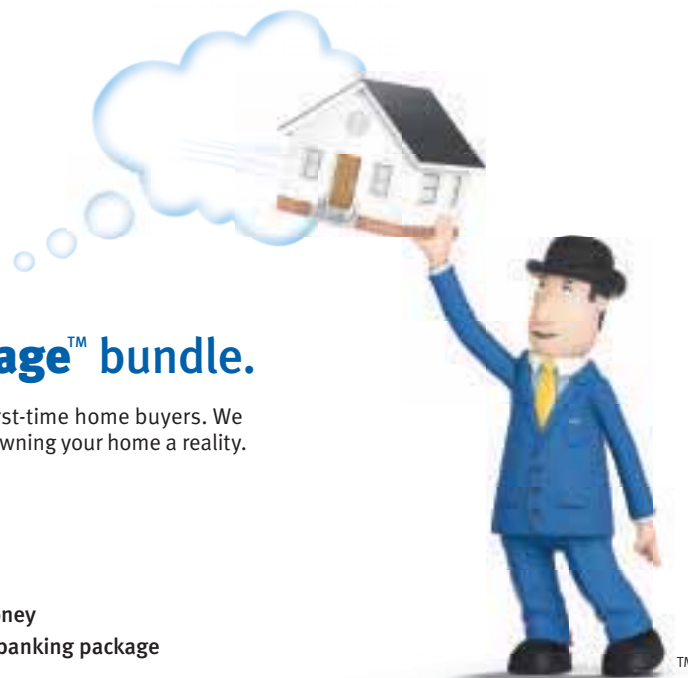


Minister of Justice Rob Nicholson speaks to reporters in Ottawa on Tuesday as he is joined by Leah Parsons, mother of Rehtaeh Parsons, second from right, and her partner, Jason Barnes, as well as Rehtaeh's father Glen Canning, second from left, and his wife, Krista. SEAN KILPATRICK/THE CANADIAN PRESS



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5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!



PURCHASE ONLINE OR AT YOUR POST OFFICE.
canadapost.ca/adoption



The smart(phone) way to cash cheques arrives in Canada

Banking. To make a mobile deposit, just snap a couple of pics

The technology has been around for a few years in the U.S., but Canadian consumers are finally getting access to a mobile tool to cash their cheques by taking a photo with their smartphone.

This week, the Westminster Savings credit union in B.C. began accepting cheque deposits with its mobile app.

Quoted

"You get home from work (and) the last thing you really want to do is go back out to a branch to deposit a cheque."

Gary Genik, Meridian's senior vice-president and chief information officer

Meridian in Ontario and Affinity Credit Union in Saskatchewan are set to follow suit next month. "Anything that we can imagine we can do in the branch or online our members

are looking to do eventually on our phones," said Meridian's senior vice-president and chief information officer Gary Genik.

"One of the last things left for members to drive them into the branch ... is to actually deposit and get access to cash. This provides the ability to deposit a cheque from the comfort of their own home, office, cottage — wherever they happen to be."

The technology is simple. Users just need to take photos of the front and back of a cheque to cash it within the app. **THE CANADIAN PRESS**



Barrick Gold Corp. under fire on all fronts

Protesters display an effigy of Barrick Gold Corp.'s chairman and founder Peter Munk outside Toronto's Metro Convention Centre Wednesday as the mining company held its annual meeting. While the protesters focused on environmental issues and corporate responsibility, shareholders expressed their disapproval by voting against an executive pay resolution. Barrick had come under fire for an \$11.9-million signing bonus paid to co-chairman John Thornton that was part of a \$17-million payment package he received last year. The company has also been hit hard by falling gold prices, and work on its Pascua-Lama mine — which straddles the border of Chile and Argentina — was suspended by a Chilean appeals court amid environmental concerns about the construction of the world's highest-altitude gold and silver mine. "This has been a tough year for Barrick and our shareholders. It seems as if our company has been under siege by several disappointments and setbacks," CEO Jamie Sokalsky told the meeting. **CHRIS YOUNG/THE CANADIAN PRESS**

Market Minute

DOLLAR
 97.50¢ (+0.05¢)

TSX
 12,270.43 (+179.49)

OIL
 \$91.43 US (+\$2.25)

GOLD
 \$1,423.70 US (+\$14.90)

Natural gas: \$4.17 US (-7¢)
Dow Jones: 14,676.30 (-43.16)

Driller's delight. Gas workers bring creole cuisine with them

The land of scrapple and chipped ham is starting to get a taste for jambalaya and boudin.

Thanks to an influx of Southerners filling jobs in north-central Pennsylvania's booming natural gas industry, a region not often placed on many culinary maps is finding itself flush with the foodways found below the Mason-Dixon line, arguably the source of some of the U.S.'s richest culinary traditions.

Suddenly, convenience stores stock sweet tea, barbecue is a hot seller, and the almost Norman Rockwell-quaint Coun-



Geologist Steve Clark eats jambalaya on a natural gas drilling site near Montoursville, Pa. **THE ASSOCIATED PRESS**

try Store in Pennssdale, Pa., even makes its own boudin, a pork sausage popular in Louisiana.

THE ASSOCIATED PRESS

BUT THEY'RE CANADIAN ...

If there are two topics that all Canadians love, they are taxes and history. As the tax deadline approaches, I thought it important to look back at how Canadians came to be the happy, taxpaying nation that we are today.

Strap yourself in. It's a wild ride.

Time is Money: A History of Canadian Taxes

1500s: Native groups collect percentages of food from passing European explorers. The Europeans are angry at first, but they are also early Canadians: They calm down when they learn that low-income explorers can reclaim a percentage of their cornmeal at the end of each fiscal year by attaching schedule C of form 1256 to their tax form and checking the box "voyageurs, door-to-door salesmen and other itinerant workers."

1652: Louis XIV of France imposes a 10 per cent tax on moose pelts in his colony. At the time, this was considered a sin tax. You don't want to know.

1751: Nova Scotia begins charging duties on billiard tables. Furious Nova Scotians, disguised as aboriginals, raid three ships



HE SAYS

John Mazerolle

metronews.ca

cert.

1884: The federal government places a vice tax on snuff. In an attempt to counter the obvious moral issues, the government labels each snuff tin with a 1-88-SNUFF-OUT number and a message asking, "Snuffed Enough?"

1917: Prime Minister Robert Borden introduces the Income

tax in Halifax Harbour and try to throw hundreds of billiard tables into the sea, but only manage to throw out their backs. They're angry at first, but also Canadian: They decide to get blind drunk instead, kicking off a tradition still observed by Haligonians to this day.

1867: Canada (now better known as The Harper Government) is created, forcing the need for tax-funded flags, calendars, and pencils with flags on them. The federal government is given the high-cost items of the time, such as railway buildings and finding the best performers for the big Canada Day bash. Canadians are angry at first, but they're Canadian: They calm down when they see that the feds scored Franz Liszt for the Parliament Hill concert.

War Tax Act, saying that shortly after the war "the measure should be definitely reviewed." The official Hansard transcript adds that the prime minister gave big knowing winks throughout his comments before giving a running high-five to everyone in the front row of the House of Commons.

1927: The Department of National Revenue is created. To keep taxes down, the government promises the new department will be a low-cost affair with only one person to answer the phone for the whole country, an edict that is still in place.

1960s: The government begins using computers to collect tax information, guaranteeing that employees who had previously found the deluge of tax returns unmanageable could now soothe their nerves with games of Solitaire and Minesweeper.

1993: The Liberals break an election promise to eliminate the GST. After years of being calmly Canadian, taxpayers have finally had enough and punish the Liberals by tossing them from office 13 years later.

And that's a look at Canadian tax history. If it ever angers you, arm yourself with knowledge. Once you've read about important moments like Lawson v. Interior Tree Fruit and Vegetables Committee of Direction (that's real, I swear), you'll be calm again. If not comatose.

ZOOM

Domo arigato, Mr. Roboto



JEFF MITCHELL/GETTY IMAGES

You've got to hand it to him

Patrick Kane, 16, who lost his left hand as a baby, has become the first person in Britain to be fitted with a prosthetic hand that is so advanced it can be operated by a smartphone. **METRO**

He's 'app-y'

- Using a mobile phone application, the user can choose between 24 different pre-set grip patterns.
- When the user wants to use it manually, electrodes in the wrist pick up electrical impulses created by contracting muscles. Electrodes then transmit commands to a tiny computer implanted in the artificial hand. The computer then moves it into the desired position.

Let's shake it

"When I'm meeting new people, it's a great conversation starter."

Patrick Kane

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

While most www bots have a sole purpose to irritate anyone in their automated paths, some have surfaced with no other goal than to bring sheer delight to those caught in their webs. Give any of these a follow for some 9-5 hilarity.

@RedScareBot:

Nominated for a social media Shorty Award, Robot J. McCarthy retweets (with added snark) anything with a seemingly Communist bent. Examples that have gotten the red flag? "Chris Rock is my favorite communist because he's the funniest communist." Joe would be so proud.

@Procrastibot:

For those who need a little nudge getting off Twitter, Procrastibot sends a gentle reminder to "GET BACK TO WORK" at key lazy points in the day.

@pimentocheese:

Pimento cheese retweets all mentions of this Southern delight.



Comments

RE: Justin Trudeau Video Pitches End To Attack Ads, published April 24

I still know nothing about his platform, policies or ideas for running the country ... How about some substance, Justin? I'm not going to vote for you just because "Harper needs to go." Give me some reasons other than your nice hair and boyish smile.

Scott Ox posted to metronews.ca

His father handed Canada over to Quebec and is one of the most hated Canadians of our generation (all federal jobs requiring first language French, endless supplies of tax dollars being dumped into Quebec with equalization payments, etc). Justin is only there because of

his name but I don't think he hates English Canadians as much as his family. It's going to be a tough mix as he already has the guaranteed ... French vote and has the acting training to boot to sway English Canadians. Should be a fun ride.

Crease posted to metronews.ca

Brilliant reply! When the Tory ads started immediately after Justin's victory, all I could think was "they must be really scared if they feel they need to bash him already, and he has(n't) even done anything."

DaleWale posted to metronews.ca

Now this is a really prime example of taking the high road. I'd like to hear more about his political platform, though, so Justin Trudeau definitely has my attention.

Jay posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



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SCENE 2

Here's to new beginnings

Cayleah. New London band hits the ground running with debut EP release



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Cayleah Matthews has been writing songs for eight years, but only recently decided to make music her focus.

Now, her London band Cayleah is set to release its debut EP, *Inception*. The post-punk revival meets indie-rock band will take the stage Thursday at The Black Shire Pub (511 Talbot St.) to showcase their material.

Inception, Matthews says, is "about transitions and new beginnings."

It's something the singer/songwriter knows a bit about, having abandoned a career in business to follow her passion for music.

"I made a discovery about myself that I was supposed to be writing music," she says. "That meant a huge change."

"I had to let go of a lot of ideals that had been instilled in me from a young age, and bust through the ones I had imposed on myself too."

Cayleah has always been drawn to music, but kept her compositions under the radar for most of her life.

"When I was a kid, any time I had access to a musical instrument I would go after it," she says.

"In our house we had a piano, and I didn't know how to play it, but I would come up with what I wanted in secret on my own."

Today she creates un-



Cayleah performs at the East Village Arts Collective. The band's EP release party is Thursday at The Black Shire Pub. MILA PETKOVIC/FOR METRO

Around town

- **Pictures.** The opening reception for Port Hope, Half Life is 7 p.m. Friday at the Medium Collective (870 Dundas St.). This photo essay by Mike Berube portrays the physical and personal effects of radioactive contamination in our own backyard.
- **Rhymes.** The Londerground Rap Show on Thursday at the APK (347 Clarence St.) features DJ Gripski, Wise Boyz Noize, Soundminds, PHC, GBP, Bones and Talk-sick and TypeWriters. Doors open at 9 p.m. with a \$5 cover.

abashedly — her music is filled with driving melodies, curbed synth effects and powerful lyrics rooted in folk storytelling.

Her songs Set to Fly and

Ayelen tell the story of changing beliefs and finding your true potential.

But, Matthews emphasizes, the song meanings are open to interpretation.

"People have their own take, and it doesn't matter what it meant to me," she says.

"In my songs, any time there is gender, you could swap it out. Men go through these things as well. It's a pretty universal experience. It's really, to me, about being a human."

Inception was recorded at Fanshawe College's MIA Studios and co-produced by the band's lead guitarist Soohong Cho. Other band members include Rob Pearse (drums), Martin Hudon (bass) and Jesse Kelly (keys).

The band draws some

of its inspiration from '60s New York rock (the Velvet Underground) and post-punk (Joy Division). Other major musical muses include PJ Harvey and Cat Power.

"A lot of the sound is driven by the fact that we wanted a super energy-filled show, and we wanted to have fun on stage playing," Matthews says.

Thursday's release party will open with an acoustic set by Dennis Pedersen with songs from his new album *Up in a Tree*.

Doors open at 9 p.m. Entry is pay-what-you-can.

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News worth sharing.

They're not playing a game of Kat and Mau5

Wedding plans. Tattoo artist Kat Von D reveals that she and producer Deadmau5 are 'deep' into their wedding planning

Renowned tattoo artist Kat Von D has had a string of much-publicized relationship woes, from a divorce to fellow inker Oliver Peck to a breakup with Motley Crue bassist Nikki Sixx and two failed engagements with reality TV star Jesse James.

But these days Von D says she's happily engaged to her "best friend," Canadian electronic music artist Deadmau5 (Joel Zimmerman), with whom she shares a matching tattoo — a series of numbers and letters that's on her collarbone and his forearm and is their "inside secret."

During a recent stop in Toronto to promote her newly released third book, *Go Big Or Go Home: Taking Risks in Life, Love, and Tattooing*, the former LA Ink star said the two are "deep into the wedding planning" for their nuptials in Los Angeles, where she lives.

Will you tweet me?

"Everybody was giving us so much slack for that because like, 'Oh, it's so non-romantic and disconnected.'"

Kat Von D
Talking about how Deadmau5 proposed



Tattoo artist Kat Von D is getting ready to marry Deadmau5. FRANK GUNN/THE CANADIAN PRESS

They're also making music together, both for their own side project and for her debut album, which she said is being produced by rocker Danny Lohner and has tunes co-written by hitmaker Linda Perry. Being with the mouse-masked DJ gives her the same excitement she felt when she was 14 and first started tattooing, gushed Von D (short for von Drachenberg).

"I remember I didn't know what I was doing at all and I just did it, and it was so natural and so perfect and I loved it, and all I could think about was, 'When will I do it again?' And being with Joel is the only thing that's ever exceeded how organic that feels," she said in an inter-

view at HarperCollins Canada.

"So it's like, it makes sense. There's no work in it," added the raven-haired Von D, who made headlines when she began dating James just months after his split from actress Sandra Bullock.

Von D and Zimmerman, a Grammy-nominated dance producer who grew up in Niagara Falls, Ont., revealed their engagement last December via Twitter.

The social media site is also where they first declared they were in love (in late September), where they announced they'd briefly broken up (less than a month later), and where Zimmerman later proposed.

"I can't wait for Christmas so.... Katherine Von Drachenberg, will you marry me?" he wrote while also posting a photo of a custom-made ring of two skulls surrounding a diamond.

"Everybody was giving us so much slack for that because like, 'Oh, it's so non-romantic and disconnected,' and we're like, 'No, you don't get it, it's an inside joke,'" said Von D.

Von D said they were in the same house in Los Angeles at the time of the proposal.

She was downstairs, having just arrived home from work, and he shouted from upstairs: "Kat, check your Twitter."

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Justin Bieber and Selena Gomez ALL PHOTOS: GETTY IMAGES

The one love for Justin and Selena?

Do Justin Bieber and Selena Gomez's make-out sessions during their reunion in Europe this week mean that the couple is back together? Maybe, maybe not, according to Us Weekly. "They have a crazy connection," a source close to Bieber says, but "they aren't back

together."

Another source says it's anyone's guess: "Who knows with them? They're always back and forth." If they are in fact back together, Bieber can take the credit, according to a Gomez pal: "Justin pursued Selena and she gave in," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sean Lowe is like a virgin, but not really



THE WORD
Dorothy Robinson
scene@metronews.ca

The Bachelor is a virgin no longer.

Nothing makes me roll my eyes harder than the phrase "born again virgin" unless it's a celebrity proclaiming, "We're going to be married forever!" As it turns out, Sean Lowe, who was known as the Virgin Bachelor on this season of The Bachelor for his insistence of not

fornicating (again) until marriage, won't be sacrificed to the gods anytime soon. Two sources confirm in the new issue of Life & Style that Sean did in fact sleep with his fiancée, Catherine Giudici, while the show was still airing. "Yes, they definitely had sex," a "Bachelor insider" reveals exclusively to Life & Style. "The first time was the night he proposed in Thailand."

A second source close to Catherine confirms the flings, saying, "Sean and Catherine have hooked up already. The whole born-again-virgin thing is a bunch of B.S. It's just something he made up for the show."

Wait. A network made up something on a reality TV show in order to get ratings? Stop blowing my mind!

Twitter



@justinbieber
will u always be there?



@WhitneyCummings
Stop making your nicknames longer than your actual name. Talking to you, Joe Joe.



@AmandaBynes
Dear @UsWeekly — I don't know why u feel the need to make up stories about me. I don't talk to light fixtures.



Reese Witherspoon

Witherspoon's arrest not the end of the world, according to pal Chelsea

Everyone needs to calm down about Reese Witherspoon's disorderly conduct arrest, at least according to Chelsea Handler.

"She's doing fine. She's doing fine, you know?" Handler tells Entertainment Tonight. "She was just trying to protect her husband. I mean, everybody makes mistakes, so it's not a big deal." Witherspoon's arrest came after she allegedly argued with an Atlanta-area police officer who had pulled over her husband, Jim Toth, for allegedly driving while intoxicated.

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3 LEE

You're about to go on tour with Pitbull. How do you keep on top of your beauty regimen on the road?

I could go for two days without a shower, but I always take care of my skin and my face. The rest of my life is chaos, but I'm pretty religious about that. I cleanse and moisturize all the time because I'm prone to having dry skin. I've also started putting a tiny, pea size amount of retinol in my night cream. It supposedly helps your skin exfoliate constantly.

In your song TiK ToK, you sing about brushing your teeth with a bottle of Jack. Are you the type to fall asleep with your makeup on? Whisky isn't necessarily my first choice when it comes

to dental hygiene. I always wash my face. Sometimes I just leave the eyes because I like my makeup better the next morning, it looks naturally wild. It creates this sexy, smoky eye that I don't know how to create myself. It looks great.

Speaking of eyes, you seem to have a thing for glitter. I cover myself in glitter! I pour it on the ground, lay in it and roll around. Then my glitter

KE\$HA

Pop's queen of chaos lets us in on her messy makeup tips, her music and her new MTV documentary.

STOP. SPARKLE. ROLL.

roadie sprinkles it all over me. His job is to make sure every inch of my body is covered.

Is he a makeup artist? No, he just has a beard.

Your hair. The waves, the cornrows, it must be high maintenance. My hair is a constant battle. It's like the fifth member of my band. I have to keep it healthy. But it's a struggle when I'm bleaching and styling it con-

stantly. So I sleep in Kérastase Deep Conditioner, Bumble and Bumble Mending Conditioner or Moroccan Oil. When I don't have someone plucking and prodding my head, I tie it up in a messy bun.

You recently wrapped up filming your MTV documentary, Ke\$ha: My Crazy Beautiful Life. Did you keep on a full face of makeup throughout filming? It's ridiculous ... you'll

see me with no makeup, no hair, no nothing. I'm running around without a bra on, looking so disheveled.

A lot of tabloids have made a big deal about your recent weight loss. Has fame changed you, physically? Of course.

I have to be stricter with myself than I ever was before. When I train for my tour, it's like I'm training for an athletic event. Every morning when I wake up, I try to meditate and get in the right mental headspace in order to kick ass. With my first record, I didn't realize how many eyes would be on me. This time around I'm prepared.

ROMINA MCGUINNESS,
METRO WORLD NEWS

Inside Ke\$ha's makeup bag

Clarisonic Mia Sonic Skin Cleansing System

"This brush has changed my face. I use it twice a day with a glycolic cleanser." \$119, clarisonic.com.



Josie Maran Argan Oil

"After I've washed my face, I follow with this argan oil. It makes your face glow. But I don't go too crazy, I just mix in a couple of drops with whatever moisturizer." \$48 josiemarancosmetics.com.



Benefit Benetint Rose-Tinted Lip & Cheek Stain

"I love a shimmer or a stain. This one is amazing." \$30, benefitcosmetics.com.



Benefit BADgal Lash Mascara

"When I'm just doing my day to day stuff I like to keep it light and let my skin breathe. I use an eyelash curler and this mascara, which makes my lashes look really thick." \$15, benefitcosmetics.com.



Urban Decay Heavy Metal Glitter Eyeliner

"I'm the glitter queen, so I like to have some in my purse. I've even started making my own. One thing I like to keep in my bag, in case I'm not coming home before I go out, is glitter eyeliner in either gold, silver, pink or turquoise." \$18, urbandecay.com.



Thrill your style-conscious butler

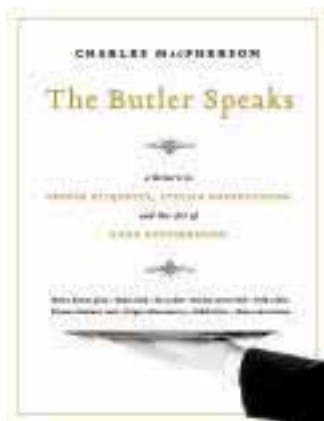


**DESIGN
CENTRE**
Karl Lohnes
home@metronews.ca

As a fan of Downton Abbey, I have fallen in love with those larger-than-life homes portrayed on the show. I may not ever get to live in one, but one can dream, can't he? But since I got a hold of *The Butler Speaks* (by Charles MacPherson, Random House) I've also taken on a whole new appreciation for the folks that live in the lower level of those big mansions. Knowing how to domestically survive in today's busy world is one of the most important things we can achieve. A well-run household (no matter how big or small) ensures a clean, orderly and, ultimately, stylish space. Here are a few basics to turn you into the perfect home butler. I think Charles The Butler would agree.

The Butler Speaks

This is everything you never paid attention to while living at home: stylish entertaining, etiquette and the art of good housekeeping. Read this book and you will become the chicest domestic expert around. Written by Canada's domestic authority and world renowned butler, Charles MacPherson. \$30,



Suck it up and get cleaning

This vacuum may be small, but it has the performance of a full-size machine, and is perfect for small spaces that still need a good cleaning once in a while. Its two-tier cyclone system helps to capture microscopic dust, mold and spores for the perfectly clean home. Dyson's DC51 Animal Upright, \$550, futureshop.ca



Silver glove service

Made of heavy-gauge terry and treated with tarnish preventative, this glove makes polishing precious metals a breeze. Grannies' treasures never looked so good in such little time. Hagerty Silver Cleaning Gloves, \$20/pair, hagertycanada.ca



Tray chic in bed

Wanna serve breakfast in bed? Then do it right with a sturdy-handled tray made of renewable bamboo. Its folding legs make it convenient for storage. Natural Living Bamboo Breakfast Tray, \$25, sears.ca



Steam perfect

From tablecloths to cotton shirts, a compact steamer will keep most fabric items around the house looking smooth. Every stylish walk-in has one, so why shouldn't you? Rowenta Pro Compact Steamer, \$70, sears.ca



Table protection

Perfect for use under your favourite tablecloth. It's made of heavy-weight vinyl to keep your dining table's surface top safe from heat and scratches. Hotel Deluxe Vinyl Table Pad, \$20 to \$45, bedbathandbeyond.ca



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This home has incredible character offering a large livingroom with gorgeous stone wood burning fireplace. The yard is just under 2 acres - for the 'horse lover' it offers 5 box stalls, 2 standing stalls, run-in stall, natural pond that feeds the barn along with separate well and fenced in runs!! The property also offers a small workshop, separate pool house, fenced inground pool.



\$239,995
637 REGENT
MOUNT BRYDGES, ON N0L 1W0

This fully updated home offers incredible value. New windows, furnace, central air, eaves, trim, bathrooms, new kitchen w/ backsplash, new electrical panel, new oak treads and the list goes on. Pleasant surprise is the large loft. The basement is a workshop high and dry - waterproofed, new windows, spray foamed w/R20 insulation and new chimney insert to vent 'owned' water heater. Massive decking w/gazebo, on-ground swimming pool w/new pump, liner and pool shed!



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Main floor is approx 1,500sqft bringing in \$870/mth + utilities... w/wood burning fireplace, hardwood, large eat-in kitchen, 3bdms, livingroom, lower rec room and laundry room. Rear basement apartment is approx 500sqft bringing in \$600/mth. This home has a large, private, treed lot with a new roof, siding, furnace, air conditioning. Excellent investment as a landlord or to live in one unit while collecting revenue!! Minimum of 24hrs notice.

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John Colaneri and Anthony Carrino, formerly of Kitchen Cousins, are taking on bigger projects on HGTV's Cousins on Call. HANDOUT

Make your space feel like a home with tips from the Cousins on Call

The cousins. The HGTV hosts give six tips before you begin your renovation

When a renovation is too much to handle, when there isn't enough time to finish a project or when a big surprise needs to be pulled off with the perfect design, it's time to call in the cousins. Anthony Carrino and John Colaneri are the cousins and best friends behind Brunelleschi Construction.

This spring they're getting out of the kitchen and taking on bigger projects with tighter timelines and higher stakes in the new series Cousins on Call, airing Mondays at 10 p.m. ET/PT on HGTV Canada.



Personal items

Take any personal items you can fit into the design. We've taken old pieces of furniture and redone them with a different stain or colour. It's a quick and economical way to use your old style with a new flair.



Wood floors

For a total change, sand and stain your wood floors. You'll see a complete transformation. People are leaning toward darker stains for a more contemporary look now versus natural wood. It can be a big update that costs less than a renovation.



Think of lighting

Pendants or chandeliers are a great way to give your space a different look — whether it be contemporary, traditional or ornate. It's an easy fix to update outdated fixtures with today's design esthetic, which can transform a room.



Backsplash

A backsplash is the most economical way to get bang for your buck if you're happy with your cabinetry.

The next step would be countertops.



Planning

Plan out your design before you get started. Understand your budget.

Pick one piece that will be the focal point and build out from there to ensure continuity and that all of the elements in your finished space will speak to each other.



10–15 per cent contingency

Nine times out of 10 you will always go over budget with projects in your home, so you shouldn't be shocked if that happens. Especially in renovations — there are things you can't see behind the walls that could need more work to bring up to code.

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Sometimes the city and the suburbs seem like they're a world apart. NEWS CANADA

Urban or suburban: What kind of life are you looking for?

Lifestyle. Buying a home? Time to decide between city convenience and suburban space

To put it simply, the answer is personal. That's how Ron Abraham, president of the Ontario Real Estate Association, would describe a homebuyer's choice between a home in the city or a suburban neighbourhood.

"Homebuyers might think they know exactly where they want to live until they start looking at their finances or a child comes along or they start a new job," says Abraham.

"It's not until you sit down with your Realtor and really go through your list of needs and wants that you realize which living arrangements make the most sense for your lifestyle."

Abraham recommends homebuyers give thought to the following factors and then speak to a real estate agent about their options.

Cost of the home

A suburban house may be a lot less expensive than one of the same size in the city.

On the flip side, a larger suburban home and yard may require more maintenance and generate higher utility bills.

Commuting costs

Buying a home close to work can reduce commuting costs and time, but be sure to consider all the commuting you do in a day.

It can get costly having a car, but so too can relying on public transit.

Personal preferences

Shops, housing and entertainment are clustered closer together in urban areas, but the commotion of urban living isn't for everyone.

Although you might have to drive a distance when visiting a museum or theatre, living in the suburbs provides a quieter environment to return to. NEWS CANADA

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Ontario Real Estate Association Board

To buy or not to buy?



COSTA POULOPOULOS
Ontario Real Estate Association Board

There are all kinds of fixer-uppers out there and, especially in a busy spring market, this type of property can be a great option for home buyers. But it's important to remember that not all fixer-uppers are created equal.

As with any real estate purchase, the sticker price is far from the only factor to consider when making a buying decision. Look at the location, the neighbourhood and the type of home as the jumping off point of your search.

If it is a fixer-upper that gets your attention, remember that although some fixer-uppers may seem like a bargain, certain repairs and renovations are very costly, so before you know it, you can end up blowing your budget and then some.

While aesthetic fixes like out-dated paint colours, wallpaper, flooring and finishing's like cabinet hardware and lighting are



Thinking about buying a fixer-upper? Consider the costs. ISTOCK IMAGES

relatively easy and inexpensive to update to your taste, many projects require more than just a refresh.

Where things get tricky is when you are looking at altering the guts of the house — structural changes, additions and updates to heating or electrical systems can end up being time consuming and costly projects.

In Ontario, homes built in the early 20th-century that have not had their electrical system upgraded may still have "knob-and-tube" wiring, which means the home will need to be com-

pletely rewired to keep up with 21st-century needs — a large and expensive task.

Other costly fixes include full kitchen/bath remodels, re-roofing, adding central air and replacing the plumbing system.

The best way to know if a fixer-upper is worth a second look? Talk to your realtor. He or she will know the lay of the land and the pros and cons of the home and the neighbourhood. Make sure that before making an offer on any home to get a home inspection so you know what you're getting into.

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HOW TO NEGOTIATE RENT PAYMENTS



When a rental unit is vacant, a landlord and the person looking to rent the unit negotiate a rent and decide what services (such as hydro or parking) are included.

Once the tenancy begins, the rules about rent and the other rules in the Residential Tenancies Act (the Act) apply.

The landlord cannot increase the rent for a new tenant until 12 months after the tenancy started. Then, the landlord is allowed to increase the rent once every 12 months.

In most cases, a landlord can only increase a tenant's rent by the guideline set each year by the Ministry of Municipal Affairs and Housing.

In order for a landlord to increase the rent, the landlord must give a written notice of rent increase to the tenant at least 90 days before the day the rent increase is to start. The notice must tell the tenant how much the new rent will be and when to begin paying the new rent. If the tenant thinks that the new rent is too high and they do not want to pay it, this allows the tenant enough time to give the landlord proper notice of termination and move out before the rent increase begins.

The Act requires a landlord to provide rent receipts, free of charge, to a tenant when the tenant asks for them. A tenant can ask for a receipt for any payment or deposit the tenant gives to the landlord, including a payment for rent arrears. It is an offence for a landlord to fail to provide a rent receipt when one is requested by a tenant.

This rule also applies to a former tenant. The landlord must provide a former tenant with receipts if they request it, as long as the former tenant makes their request within one year of the date they moved out.

A rent receipt must include the address of the rental unit; the name of the tenant to whom the receipt applies; the amount and date for each payment received for any rent, rent deposit, arrears of rent, or any other amount paid to the landlord and shall set out what the payment was for; the name of the landlord; and the signature of the landlord or the landlord's agent.

Rent is considered late if it is not paid by the day that it is due. For example, if the rent is due on the first of the month and it is not paid by on that day, it is late.

If a tenant does not pay rent on the date that it is due, the landlord can give the tenant a Notice to End a Tenancy Early for Non-payment of Rent. This notice gives a tenant who pays rent monthly 14 days to pay the rent due or to move out. If the rent is not paid, and the tenant does not move, the landlord can make an application to the Board for an order requiring the tenant to pay the rent that is owing, and evicting the tenant

if they do not make the entire payment by a specified deadline.

If a tenant is often late with the rent, the landlord may give a Notice to Terminate a Tenancy at the End of Term for persistently paying rent late. Daily or weekly tenants must be given 28 days notice and in all other cases, the tenant must be given 60 days notice. In this case, the landlord can apply to the Board for an order evicting the tenant right after giving the tenant the notice.

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Rhubarb balances sweetness in pork

An import from England, rhubarb was known in 19th century America as “the pie plant” because that was where it usually ended up. But rhubarb’s acidity makes it a great addition to savoury dishes, too.

On the shelf in your grocery store, rhubarb looks a lot like celery, except that it’s usually a fetching reddish-purple in colour. It comes in long, slender stalks, with strings running from top to bottom. To eliminate the toughness of the strings,

Ingredients

- 2 pork tenderloins, trimmed of fat
- Kosher salt and ground black pepper
- 2 tbsp extra-virgin olive oil, divided
- 2 cups thinly sliced rhubarb
- 2 tsp sugar
- 2 tbsp minced shallot
- 1/2 tsp minced garlic
- 1 cup orange juice
- 2 tsp water
- 1 tsp cornstarch
- 2 tsp Dijon mustard
- Chopped fresh chives, to garnish

Pork Tenderloin Medallions with Rhubarb-Orange Sauce



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

some cooks peel their rhubarb before cooking. You can deal with the issue by thinly slicing the stalks across the grain of the strings.

Given its high water content, turning rhubarb into a sauce requires little more than cooking it. It breaks down quickly and becomes nice and thick. In this recipe, it needed

some counter-balancing sweetness, so adding a splash of fresh orange juice does the trick.

As for the cut of pork on which we ladle this sauce, go with the tenderloin instead of its neighbour, the loin. Both are lean, but they call it the tenderloin, after all, for a reason. However, this isn’t to say it won’t turn out tough and dry if you

overcook it, so be sure to keep your eye on the cooking time.

1. Trim off thin end piece of each tenderloin, cutting off about 3-inch section. Slice remaining portion of each tenderloin crosswise into 3/4-inch rounds. You should end up with about 18 pieces, including 2 thin sections cut from the ends.

Season pork on all sides with salt and pepper.

2. In skillet over medium-high, heat 1 tablespoon of oil. Working in batches, add pork to skillet. Cook, turning to brown on all sides, for about 4 to 5 minutes, or until the pork is just pink at the centre (about 145 F). Transfer the pork to a plate, cover with foil and let it rest while you prepare the sauce.

3. Return skillet to heat and add remaining tablespoon of oil, rhubarb and sugar. Sauté 2 minutes. Add shallots and garlic and cook, stirring, for another minute. Add the orange juice and simmer for 2 minutes.

4. In bowl, whisk water and cornstarch, then add to simmering broth in stream, whisking. Return sauce to boil, then whisk in mustard and any juices that have collected on the plate from the pork.

5. To serve, divide pork between 6 plates, then top with some sauce. Garnish with chives. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON’S EVERYDAY FAMILY DINNERS**

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Sausage and spring greens enhance whole-wheat penne

1. Bring pot of salted water to a boil. Add the pasta and cook for a few minutes less than the recommended time on the box.

2. Meanwhile, cut off and reserve Swiss chard stems. Chop Swiss chard leaves coarsely. Cut the stems into 1/2-inch lengths.

3. In skillet over medium-high, heat oil. Add sausages and cook,

stirring, 3 minutes, or until browned. Use slotted spoon to transfer sausages to a bowl.

4. Return skillet to medium heat and add onion. Cook until golden, 5 minutes. Add garlic and cook, stirring, for 1 minute.

5. Add Swiss chard stems to skillet, cover and cook 3 minutes. Remove lid and add half

Swiss chard greens. Stir and cook, stirring occasionally, until greens are slightly wilted. Add remaining greens, cover and cook, stirring occasionally, until completely wilted. Add tomatoes, hefty pinch of salt and the red pepper flakes, if using.

6. When the pasta is almost done but not quite al dente, drain it, reserving 1 cup of the

cooking liquid. Add pasta and 3/4 cup of the cooking liquid to skillet and simmer 4 minutes, adding more cooking liquid if necessary, until pasta is al dente and most liquid has evaporated. Add sausages, then season with salt. Divide mix among 4 shallow bowls and top each portion with some cheese. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON’S EVERYDAY FAMILY DINNERS.**

Ingredients

- 8 oz whole-wheat penne
- 1 lb Swiss chard
- 2 tbsp extra-virgin olive oil
- 4 oz sausages, halved lengthwise, then sliced 1/2-inch-thick crosswise
- 1/2 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 15-oz can (about 1 3/4 cups) chopped tomatoes, preferably fire roasted
- Kosher salt
- 1/2 tsp red pepper flakes (optional)
- 1 1/2 oz grated Parmigiano-Reggiano cheese



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Dinner. Hoisin-Glazed Ham with Cabbage Slaw

1. Heat oven to 300 F. Fit roasting pan with a roasting rack.

2. Set ham on rack, then slice hash pattern over entire surface, cutting about 1/2 inch deep. Roast for 1 hour.

3. In bowl whisk hoisin, five-spice powder, red pepper flakes, garlic powder and ginger. Once ham has roasted 1 hour, brush half of glaze over surface of ham, being sure to get some of glaze down into checked slice marks. Roast another hour, then brush the ham with the remaining glaze.

4. Continue roasting, monitoring temperature and colour. Cook until ham reaches 160 F at centre, about another 2 hours. If outside of ham begins to get too dark, tent with foil. Remove ham from oven and let it rest for 15 minutes.

5. While ham bakes, prepare slaw. In bowl, combine Napa cabbage, scallions and snow peas. Cover with plastic wrap, then refrigerate until ready to serve. When ready, in bowl whisk rice vinegar, oil, ginger, sugar and salt and pepper. Toss slaw with the dressing just before serving.

THE ASSOCIATED PRESS



Ingredients

For the ham

- 10- to 12-lb bone-in ham
- 9.4-oz jar hoisin sauce
- 1 1/2 tsp five-spice powder
- 1 tsp red pepper flakes
- 1 tsp garlic powder
- 2 tbsp grated fresh ginger

For the slaw

- 1 head Napa cabbage, thinly sliced
- 1 bunch scallions, trimmed and sliced
- 6 oz snow peas
- 2 tbsp rice vinegar
- 2 tbsp canola oil
- 1 tbsp grated fresh ginger
- 1 tsp sugar
- Salt and pepper

NHL

Top defender Karlsson travels with Sens to D.C.

Ottawa Senators head coach Paul MacLean said defence-man Erik Karlsson will join the team on its trip to Washington for Thursday's game against the Capitals but no decision has been made on when he might return to action.

The star blue-liner has been out of the lineup since suffering a serious injury to his Achilles tendon on Feb. 13. **THE CANADIAN PRESS**

NBA

Thunder build 2-0 lead on Rockets

Kevin Durant and Russell Westbrook each scored 29 points, and the Oklahoma City Thunder recovered after squandering a 15-point lead in the fourth quarter to beat the Houston Rockets 105-102 on Wednesday and take a 2-0 series lead.

Durant hit the go-ahead three-pointer with 2:28 to play, and the Thunder didn't relinquish the lead after that.

THE ASSOCIATED PRESS



Thunder star Kevin Durant shoots over Houston's Chandler Parsons on Wednesday. **GETTY IMAGES**

Hats off to St. Louis as he turns the trick

NHL. Lightning strip lustre off of Maple Leafs' playoff berth with 5-2 win

Martin St. Louis scored three goals and the Tampa Bay Lightning snapped a six-game losing streak with a 5-2 victory over the Toronto Maple Leafs on Wednesday night.

St. Louis, who has 16 goals this season, took over the lead in the NHL scoring race with 58 points — two more than teammate Steven Stamkos and injured Pittsburgh Penguins forward Sidney Crosby.

Stamkos scored his 29th goal, two behind NHL-leading Alex Ovechkin of Washington, and added an assist.

With 55 points, Toronto is one point ahead of the New York Islanders for fifth place in the Eastern Conference. Both teams, who have already clinched playoff berths, have two games remaining.

St. Louis' goal in the second period was scored with a wrist shot off a slick pass from behind the net by Nate Thompson to give the Lightning a 2-1 lead.

In the third period, with the Lightning leading 3-2, St. Louis got to a rebound off Keith Aulie's slap shot off the boards and slipped the puck past goalie James Reimer.

St. Louis completed his hat trick with an empty-net goal with 2:49 left in the game.



Lightning right-winger Martin St. Louis, right, celebrates with teammates Nate Thompson and Victor Hedman against the Maple Leafs in the second period of Wednesday night's game in Tampa, Fla. St. Louis added two third-period goals for the hat trick. **CHRIS O'MEARA/THE ASSOCIATED PRESS**

Toronto took a 1-0 lead with 2:57 remaining in the first period when Phil Kessel pushed a wrist shot past goalie Ben Bishop.

Tampa Bay tied it in the second period when Stamkos took an open-ice pass from Thompson and slipped a backhanded shot past

Leafs win division if ...

- The Leafs beat Florida (Thursday) and Montreal (Saturday). Montreal loses to Winnipeg (Thursday) and to Toronto. Boston loses to Tampa (Thursday), Washington (Saturday) and Ottawa (Monday). All three teams finish with 59 points. Deadlocks are decided by ROWs (regulation or overtime wins). The Leafs would win the division with 27 ROWs. Montreal would have 24 and Boston 23.

Leafs take 4th in East if ...

- Boston wins two of its three games or sweeps their final three matches and finishes first with either 65 or 63 points. Toronto beats Florida and Montreal while the Habs also lose to Winnipeg. The Leafs and the Canadiens would each have 59 points. But Toronto would win the tiebreaker based on more ROWs (27-24) and open at home against the Canadiens in the first round.

TORSTAR NEWS SERVICE

Reimer. Joffrey Lupul scored for Toronto with 24 seconds remaining in the second to tie it again.

Radko Gudas' third-period goal, a slap shot that went over Reimer's shoulder, gave the Lightning a 3-2 lead. **THE ASSOCIATED PRESS**

Knights get victory in Game 4 barn burner

Alex Broadhurst's power-play goal at 5:29 of the third period snapped a 4-4 tie and the London Knights defeated the Plymouth Whalers 6-4 on Wednesday to take a 3-1 lead in the OHL Western Conference final.

Sebastian Uvira and Vince Trocheck scored in the first period for the Whalers, while Broadhurst and Seth Griffith replied for the Knights.

London's Bo Horvat and Ryan Rupert scored to open the second period before Garrett Meurs and Tom Wilson tallied

Game 4

6

Knights

4

Whalers

late for Plymouth to make it 4-4 after two periods.

Uvira took a hooking penalty at 3:51 of the third period, allowing London to work on

the power play and Broadhurst to get the game-winner.

Griffith added an empty-netter at 18:40.

London goalie Anthony Stolarz finished with 42 saves as the Knights were outshot 46-28.

Alex Nedeljkovic started in goal for Plymouth and made seven saves on 11 shots, before getting the hook after Rupert's goal at 9:38 of the second period.

London hosts Game 5 on Friday.

THE CANADIAN PRESS

Whalers slapped with fine, suspension

The Plymouth Whalers, currently in a dogfight with the London Knights for the OHL Western Conference title, were fined \$7,500 on Wednesday.

- The fine comes "as the result of the most unprofessional and inappropriate comments by coach and GM Mike Vellucci following Game 3," the league.

- The league also announced it is reviewing Whaler forward Mitchell Heard's check to Alex Broadhurst's head late in Tuesday's Game 3.

- At the time of the incident, Heard was assessed a five-minute major and game misconduct. Now, he faces a minimum one-game suspension. **METRO**

Blue Jays avoid sweep in Baltimore



Blue Jays catcher J.P. Arencibia is met in the dugout after hitting a two-run home run in the second inning against the Baltimore Orioles at Camden Yards on Wednesday. The longball was Arencibia's eighth, tops in the American League as of Wednesday afternoon. PATRICK SMITH/GETTY IMAGES

Extra innings.

Blue Jays score winning run in 11th after Johnson fails to find the strike zone

The Toronto Blue Jays bashed four home runs, then scored the decisive run without taking a swing.

Jim Johnson walked Maicer Izturis with the bases loaded in the 11th inning, and the Blue Jays beat the Orioles 6-5 Wednesday to avert a three-game sweep and end Baltimore's run of consecutive extra-inning victories at 17.

"It would have been a tough game to lose. It was a big game to win," said Toronto manager John Gibbons, who was ejected in the ninth inning after his team blew a 5-2 lead in the seventh.

With two outs in the 11th, J.P. Arencibia and Munenori Kawasaki singled before Johnson (1-2) hit Brett Lawrie with a pitch and issued a four-

On Wednesday

6

Blue Jays

5

Orioles

pitch walk to Izturis, the No. 9 hitter in the lineup.

"I just had a hard time throwing a strike," Johnson said. "Kind of lost feel, and obviously that's a terrible way to lose a game."

Izturis said, "I just tried to look for a pitch and drive it up the middle. But he threw high fastballs, so on 2-0 I tried to be patient and make him throw strikes."

That didn't happen, and the last-place Blue Jays got out of town with a much-needed win.

"When you are struggling as a team and you have a lead and it evaporates, it's hard," Gibbons said. "We haven't played great baseball, but we haven't been swept."

One night earlier, the Ori-

oles won their 100th consecutive game when leading after the seventh inning. In this one, their streak of extra-inning wins — 16 of which came last year — came crashing to a halt. It was the longest run since the Pittsburgh Pirates won 21 straight in 1959-60.

"It's not something I dwell on," Orioles manager Buck Showalter said. "I know our guys don't. But I understand how it's noteworthy."

Esmil Rogers (1-1) pitched the 10th and Casey Janssen got three straight outs for his sixth save.

Toronto starter Brandon Morrow took a two-hitter and a 5-2 lead into the seventh, but the right-hander failed in his bid to earn his first win of the season. Morrow gave up three earned runs and three hits — all of them doubles — in 6 1/3 innings.

Gibbons didn't go the distance, either. He received his first ejection of the year after resuming an argument started by Lawrie over a called third strike. **THE ASSOCIATED PRESS**

Hurricanes make home finale a family affair

The Carolina Hurricanes are going Staal in for the home finale.

They added their third Staal brother Wednesday when right wing Jared Staal was called up from their AHL affiliate in Charlotte. He will join older brothers Eric and Jordan Staal on the roster.

"The more, the merrier," Eric, the team captain, said after practice Wednesday.

Jared is scheduled to make his NHL debut Thursday night against the New York Rangers — brother Marc Staal's team. Coach Kirk Muller says Jared likely will start out skating on Jordan's line.

"There's a pretty good chance — we've got three of the four in the lineup — that a couple of them (will be) playing together at some point anyway," Muller said. "It'll be fun for them."

Marc has been out since he was struck in the right eye with a puck against Philadelphia on March 5.

"Maybe he'll dress for warm-ups and skate around so we're all out there at the same time," Eric quipped.

The Hurricanes will miss



Jared Staal, seen here with the Charlotte Checkers of the AHL. CHUCK BURTON/THE ASSOCIATED PRESS

the playoffs for the fourth straight year and sixth time in the seven seasons since they won the Stanley Cup in 2006. So in their final couple of games, they're giving some younger players a chance to make an impression.

Now it's Jared Staal's turn.

He had four goals and three assists in 52 games with Charlotte this season while establishing himself as a solid penalty-killer and as what

Eric called a "power-type forward." All four brothers are six-foot-four and weigh between 200 and 220 pounds.

"I'm very excited, obviously, because he's been working hard," Jordan said. "For him to get the opportunity is very exciting, and hopefully he plays well and has some fun."

The Staals are the 10th trio of brothers in North America's four major professional sports leagues — and the fourth in the NHL — to play for the same team in the same season, according to STATS. It hasn't happened in any of those sports since Anton, Peter and Marian Stastny were with the Quebec Nordiques in 1985.

At 22, Jared is the youngest of the Staal brothers, and he has been in the Hurricanes' organization since they acquired his rights from Phoenix in a trade three years ago.

It's been a much tougher path to the NHL for Jared — the Coyotes' second-round pick in 2008 — than for his three brothers, all of whom were drafted in the first round and barely spent any time in the minors. **THE ASSOCIATED PRESS**

Paralympics

O'Neill to head Canadian committee

The new chief executive officer of the Canadian Paralympic Committee says the time was ripe to take the job.

Karen O'Neill was named CEO of the sport organization Wednesday. She currently holds the same position with Field Hockey Canada and will start working for the CPC on June 3.

The Montreal native replaces Henry Storgaard, who stepped down Jan. 18 after four years in the job.

With the 2014 Winter Paralympics in Sochi, Russia, the 2015 Parapan American Games in Toronto and the 2016 Summer Paralympics in Rio De Janeiro coming in quick succession, O'Neill felt it was a golden opportunity to help Canadian athletes win medals.

"The timing felt really right," O'Neill said from Ottawa. "A lot of the basics are in place and I was just really excited to come in and help with some of the fine-tuning to really take it up that next level." **THE CANADIAN PRESS**



Soaring Spaniard

Rafael Nadal returns the ball to Carlos Berlocq during the Barcelona Open on Wednesday. Nadal won 6-4, 6-2. Canadian Milos Raonic cruised to the third round in Barcelona on Wednesday, needing just 70 minutes to pick up a 6-4, 6-2 straight-sets win over Eduardo Roger-Vasselin. MANU FERNANDEZ/THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

You won't miss a thing that goes on today and every piece of information will be filed away for future use. Knowledge is power and you can never have too much of it. You won't abuse it though, right?

Taurus

April 21 - May 21

You may not know what you have done to deserve so much good fortune but you would be a fool not to make use of it. Someone will try to make you feel guilty about it today. Don't let them.

Gemini

May 22 - June 21

Resist the urge to point out others' faults and failings today. Keep your opinions to yourself and keep facts and figures that could cause relationship problems to yourself as well.

Cancer

June 22 - July 23

You may wish you were some place else than where you are right now but you can still have a lot of fun. Make an effort to enjoy yourself over the next 24 hours — and bring joy to other people as well.

Leo

July 24 - Aug. 23

What you discover about a loved one today may come as a bit of a shock but the signs have been there for ages. You may not agree with what they are doing but give them your support anyway.

Virgo

Aug. 24 - Sept. 23

There is no point clinging to an outdated way of doing things and if you think you can, the lunar eclipse will make things tough for you.

Libra

Sept. 24 - Oct. 23

If you want people to support what you are going to be doing then you must explain to them, in as simple language as possible, what it's all about.

Scorpio

Oct. 24 - Nov. 22

Today's lunar eclipse in your sign could cause a bit of trouble, but only if you allow your emotions to carry you away. Whatever happens, be it "good" or be it "bad", treat it all as part of the game.

Sagittarius

Nov. 23 - Dec. 21

It's not like you to let fear hold you back but for some reason unable to move forward or back. This troubling phase will pass. You'll soon be back to your cheerful self.

Capricorn

Dec. 22 - Jan. 20

Friendships are under good stars at the moment but there is a danger today that a small misunderstanding could grow into something much bigger. Whatever you see or hear, don't take it too seriously.

Aquarius

Jan. 21 - Feb. 19

Today's rather intense cosmic activity means the changes now taking place may not be entirely to your liking. That's too bad. You won't be able to change them back, so why not just go along for the ride?

Pisces

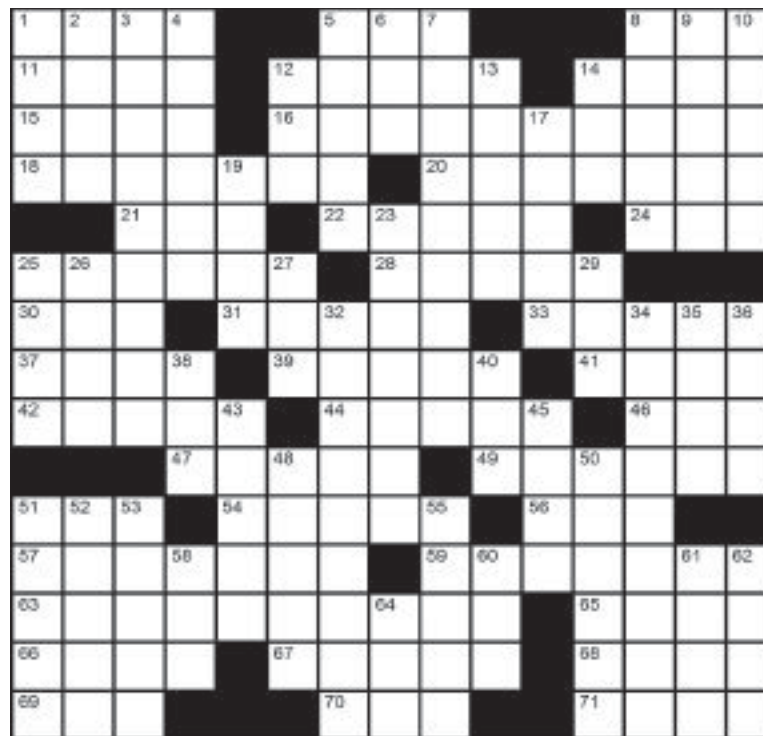
Feb. 20 - March 20

There is so much information coming your way now that it threatens to drown you in facts and figures that all point in different directions. Follow your instincts. They're seldom wrong. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Experiment-conducting spots
- Jam container
- ___ Jones
- Wings, to Nero
- Belonging to Italy's capital
- "...___ ring on it." - Beyonce
- Assist
- "I Will Give You Everything" band
- Say again
- Edmonton-born politician Mr. Manning
- Summer mo.
- Rent again
- "Comp" completer (Be 'green')
- Gymnastics 'Horse'
- "Quo ___?" (Latin: Where are you going?)
- Television alien
- Mr. Studdard
- Shore sights
- "___ it!" (Yay me!)
- Remedies
- Dorothy's dog
- Mr. Hough, pro dancer on "Dancing with the Stars"
- Heads: French
- "Platoon" (1986) war, for short
- "The ___ of Life"
- The Arctic ___
- "What ___ chopped liver?"
- W. ___ Wilson



(Canadian entrepreneur who is part owner of the NHL's Nashville Predators)

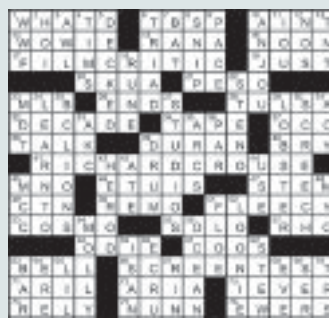
- ___dieu (Furniture piece for praying)
- X-Men character, ___ the Untouchable
- Butterfingers
- Earth goddess in Richard Wagner's opera Das Rheingold
- Docs
- Calendar spans

- [abbr.] 71. Pair
- Down
- Bert of "The Wizard of Oz" (1939)
- Sailing side
- Provincial tree of New Brunswick: 2 wds.
- Deviated ___ (Nose

- problem)
- Batman foe, The ___
- Songstress Ms. Grant
- Mars, The ___: 2 wds.
- "___ unforeseen circumstances...": 2 wds.
- Others: Spanish

- "That ___ so bad afterall."
- Alphabet trio
- Begot
- Some movie ratings
- Comprehend: 2 wds.
- New-___
- Highest mount
- Taken-care-of bill
- Word with Ye
- Director, Jean-___ Godard
- Use a chair
- Monarch ___
- Canadian hockey commentator: 2 wds.
- And others, briefly: 2 wds.
- A few
- Rapper, Mos ___
- Dry, as wine
- Afghanistan capital
- Sediment
- Fish ___ Provincial Park, AB
- ___ up (Made stronger)
- Beatles' White ___
- ___ Pa (Some parents)
- Rhythmical stress
- Wrongdoings, in law
- Liq. amounts
- Woodworking tool [var. sp.]
- Egypt-themed opera
- Starring role
- Particular pronoun

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	6	9	4	2	7	5	3	8
2	4	5	3	8	9	6	7	1
3	7	8	1	5	6	9	2	4
6	5	3	2	7	1	8	4	9
8	2	1	9	4	5	7	6	3
4	9	7	8	3	2	1	5	6
9	8	4	6	3	2	1	5	7
5	1	2	7	9	4	3	8	6
7	3	6	5	1	8	4	9	2

		3	7	9		4		
		6						5
1			5			9	6	
	3	4		6	5			
				1	2	3	8	
	9	7			3			8
8						2		
		1		8	4	5		

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8°/0°
Showers
40%

Friday

11°/4°
Partly cloudy

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GROCERY	 Mr. Goudas Calrose Rice, 8 kg \$7.99 ^{ea} Reg. \$9.99	 Nestea, 12x341ml \$3.99 ^{ea} Reg. \$6.99	 Loose Walnut, 1 lb \$4.99 ^{lb} Reg. \$6.99	 Vita Series, 250mlx6 2/\$5.00 Reg. \$3.99	 Aurora Egg Pasta, 250g \$1.28 ^{ea} Reg. \$1.99	 Fu Yang Basa Fillet, 400g 3/\$4.88 Reg. \$2.59	 Imperial, 907g \$1.28 ^{ea} Reg. \$3.99	FROZEN	
	 Quaker Oats, 1 kg \$1.99 ^{ea} Reg. \$2.99	 Ayimer Ketchup, 1L \$1.88 ^{ea} Reg. \$2.59	 Primo Beans (can), 540ml \$0.88 ^{ea} Reg. \$1.29	 Garnier Fructis, 1.18L \$7.88 ^{ea} Reg. \$9.99	 Knorr Clear Chicken Broth, 397ml \$0.88 ^{ea} Reg. \$1.29	 Fu Yang Black Tiger Shrimp 21/25, 200g \$2.38 ^{ea} Reg. \$3.99	 Supreme White Egg Large Size, 1 dozen \$1.99 ^{ea} Reg. \$2.59		
	 Gallo Extra Virgin Olive Oil, 1L \$3.88 ^{ea} Reg. \$5.99	 Aurora Bread Crumbs, 227g \$0.88 ^{ea} Reg. \$1.59	 Ann Instant Honeyed Ginger Drink, 360g \$1.99 ^{ea} Reg. \$2.99	 Winn Dixie Floral Fiesta Fabric Softener Sheets, 16cmx22cm \$1.99 ^{ea} Reg. \$3.99	 Kikkoman Soy Sauce, 591ml \$2.88 ^{ea} Reg. \$3.99	 Astro Yogurt, 12x100gv \$2.99 ^{ea} Reg. \$5.99	 Sealtest 2% Milk, 4L \$3.99 ^{ea} Reg. \$4.99		
	 Erawan Brand Rice Stick, 454g \$0.88 ^{ea} Reg. \$1.29	 Royal Family/Kuhua Brand Mochi, 210g \$1.38 ^{ea} Reg. \$1.99	 Uncle POP Highland Barley Rice Stick, 400g \$1.99 ^{ea} Reg. \$2.99	 Master Kong Noodles, 82.5gx5 \$1.99 ^{ea} Reg. \$2.99	 Hilife Non-Stick Cookware Wok Pan, 32cm \$7.99 ^{ea} Reg. \$16.99	 Muffin Series (Carrot, Blueberry, Raisin Bran, Cranberry, Chocolate Chip) \$1.99 ^{ea} Reg. \$2.99	 Italian & French Bread \$1.50 ^{ea} Reg. \$1.99		
	MEATS	 Fresh Chicken Wings \$1.77 ^{lb} Reg. \$2.99	 Fresh Bnis Beef Riade Steak AAA \$2.88 ^{lb} Reg. \$3.99	 Cut-Up Fryers Chicken \$1.39 ^{lb} Reg. \$1.99	 Fresh Chicken Breast \$2.38 ^{lb} Reg. \$3.99	 Fresh Lean Ground Beef \$1.77 ^{lb} Reg. \$2.99	 Fresh Sea Bream \$4.68 ^{lb} Reg. \$6.99	 Fresh White Perch \$0.98 ^{lb} Reg. \$1.99	SEAFOOD FRIDAY, SATURDAY & SUNDAY ONLY
		 Royal Gala Apple \$0.79 ^{lb} Reg. \$1.29	 Red Seedless Grape \$1.29 ^{lb} Reg. \$1.99	 Banana \$0.39 ^{lb} Reg. \$0.59	 Baby Mustard \$0.59 ^{ea} Reg. \$0.99	 Chinese Garlic Root \$0.88 ^{ea} Reg. \$1.59	 Mackerel \$1.38 ^{lb} Reg. \$2.59	 Fresh Golden Pomfret \$1.98 ^{lb} Reg. \$2.98	
		 Green Beans \$0.99 ^{lb} Reg. \$1.29	 Spinach-Rootless \$0.79 ^{ea} Reg. \$1.29	 White Potato 10LB \$1.88 ^{bag} Reg. \$2.99	 Shanghai Bok Choy \$0.49 ^{lb} Reg. \$0.69	 Broccoli, case \$15	 5x6 US Tomato, case \$15	 Onion, 50lb bag \$17	
		 Maple Leaf Bologna Wax, 100g \$2.49 ^{ea} Reg. \$2.59	 Silani Greek Style Feta Tub, 100g \$3.49 ^{ea} Reg. \$3.99	 Large Wedge / Onion Ring, box \$3.49 ^{ea} Reg. \$3.99	 Mastro Genoa Mild & Hot, 100g \$2.19 ^{ea} Reg. \$2.49	 Prosciutto Gold, 100g \$3.29 ^{lb} Reg. \$3.89	 Luncheon Loaf, 100g \$0.79 ^{ea} Reg. \$0.89	 BBQ Duck \$15.99 ^{ea} Reg. \$19.99	
	FRUITS & VEGETABLES	DELI						FOOD COURT	

PURCHASE OVER \$50, GET A REUSABLE BAG

PRICE EFFECTIVE: APRIL 26-MAY 2